

Full Report (All Nutrients) 15101, Fish, snapper, mixed species, raw

Report Date:October 16, 2015 15:32 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 218g
Proximates						
Water	g	76.87	60	--	65.34	167.58
Energy	kcal	100	--	--	85	218
Energy	kJ	418	--	--	355	911
Protein	g	20.51	59	--	17.43	44.71
Total lipid (fat)	g	1.34	55	--	1.14	2.92
Ash	g	1.31	52	--	1.11	2.86
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	32	22	--	27	70
Iron, Fe	mg	0.18	7	--	0.15	0.39
Magnesium, Mg	mg	32	6	0.636	27	70
Phosphorus, P	mg	198	28	--	168	432
Potassium, K	mg	417	16	--	354	909
Sodium, Na	mg	64	19	--	54	140
Zinc, Zn	mg	0.36	242	0.010	0.31	0.78
Copper, Cu	mg	0.028	244	0.001	0.024	0.061
Manganese, Mn	mg	0.013	6	0.002	0.011	0.028
Selenium, Se	µg	38.2	1	--	32.5	83.3
Vitamins						
Vitamin C, total ascorbic acid	mg	1.6	--	--	1.4	3.5
Thiamin	mg	0.046	1	--	0.039	0.100

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Riboflavin	mg	0.003	1	--	0.003	0.007
Niacin	mg	0.284	1	--	0.241	0.619
Pantothenic acid	mg	0.750	--	--	0.638	1.635
Vitamin B-6	mg	0.400	--	--	0.340	0.872
Folate, total	µg	5	--	--	4	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	4	11
Folate, DFE	µg	5	--	--	4	11
Choline, total	mg	65.0	--	--	55.2	141.7
Vitamin B-12	µg	3.00	--	--	2.55	6.54
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	32	--	--	27	70
Retinol	µg	32	--	--	27	70
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	106	--	--	90	231
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	0.82	2.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	10.2	--	--	8.7	22.2
Vitamin D3 (cholecalciferol)	µg	10.2	--	--	8.7	22.2
Vitamin D	IU	408	--	--	347	889
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.285	--	--	0.242	0.621
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.036	16	--	0.031	0.078

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16:0	g	0.162	16	--	0.138	0.353
18:0	g	0.081	16	--	0.069	0.177
Fatty acids, total monounsaturated	g	0.251	--	--	0.213	0.547
16:1 undifferentiated	g	0.060	16	--	0.051	0.131
18:1 undifferentiated	g	0.165	16	--	0.140	0.360
20:1	g	0.021	14	--	0.018	0.046
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.459	--	--	0.390	1.001
18:2 undifferentiated	g	0.019	16	--	0.016	0.041
18:3 undifferentiated	g	0.004	14	--	0.003	0.009
18:4	g	0.009	14	--	0.008	0.020
20:4 undifferentiated	g	0.049	16	--	0.042	0.107
20:5 n-3 (EPA)	g	0.051	16	--	0.043	0.111
22:5 n-3 (DPA)	g	0.065	16	--	0.055	0.142
22:6 n-3 (DHA)	g	0.260	16	--	0.221	0.567
Cholesterol	mg	37	--	--	31	81
Amino Acids						
Tryptophan	g	0.230	--	--	0.196	0.501
Threonine	g	0.899	--	--	0.764	1.960
Isoleucine	g	0.945	--	--	0.803	2.060
Leucine	g	1.667	--	--	1.417	3.634
Lysine	g	1.883	--	--	1.601	4.105
Methionine	g	0.607	--	--	0.516	1.323
Cystine	g	0.220	--	--	0.187	0.480
Phenylalanine	g	0.801	--	--	0.681	1.746
Tyrosine	g	0.692	--	--	0.588	1.509
Valine	g	1.056	--	--	0.898	2.302
Arginine	g	1.227	--	--	1.043	2.675
Histidine	g	0.604	--	--	0.513	1.317
Alanine	g	1.240	--	--	1.054	2.703
Aspartic acid	g	2.100	--	--	1.785	4.578
Glutamic acid	g	3.061	--	--	2.602	6.673
Glycine	g	0.984	--	--	0.836	2.145

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Proline	g	0.725	--	--	0.616	1.580
Serine	g	0.837	--	--	0.711	1.825
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0